



Friendship Heights

VILLAGE NEWS

NOVEMBER 2016

VOLUME 31, NO. 11

www.friendshipheightsmd.gov

301-656-2797



Mormon Temple
Festival of Lights
page 5

Ancient art forms revived with Turquoise Mountain effort

Join us when we travel to the Smithsonian's Sackler Gallery on **Thursday, Dec. 1**, for a morning tour of the highly acclaimed Turquoise Mountain exhibit, then delight in Turkish fare at Ottoman Taverna.

From its critical position on the ancient Silk Road that stretches from Europe to China, Afghanistan absorbed traditions from India, Persia, and Central Asia and blended them into a distinct artistic culture. During decades of civil unrest that began in the 1970s, many of Afghanistan's artisans were forced to leave their country



or give up their craft. The old city of Kabul fell into ruin. Over the past decade, Turquoise Mountain, an organization founded in 2006 at the request of HRH the Prince of Wales and the president of Afghanistan, has transformed the Murad Khani district of Old Kabul

from slum conditions into a vibrant cultural and economic center. This exhibit highlights a new generation of Afghan artisans in woodwork, calligraphy, ceramics, jewelry design, and other crafts brought together by the Turquoise Mountain effort.

Continued on page 11, see Turquoise

Annual Artisan Fair includes a morning concert especially for children

Multi-talented artist and musician James Taylor returns to the Village Center to take part in our 14th Annual Artisan Fair on **Friday, Nov. 4, 5:30 to 8 p.m. and Saturday, Nov. 5, 10 a.m. to 4 p.m.**

James has played to enthusiastic audiences during our summer concert series and is a favorite teacher during our summer art camp. He'll take a break from his booth at the artisan fair to perform a special concert Saturday from 11 a.m. to noon. All ages will enjoy his smooth vocals, engaging smile and masterful guitar playing.

Before or after the concert, stop by

the auditorium to view some of the unique handcrafted items for sale by local artisans.

You'll find wearable art jackets made of exotic fabrics; fun, animal-inspired felt ornaments; sleek fused glass, delicate crocheted necklaces and scarves; sumptuous soaps; fabulous clothing for boys and girls, metal and natural stone jewelry, gorgeous pottery, platters and bowls; watercolors; photography; notecards and more.

The fair begins Friday with a reception between 5:30 to 8 p.m.

Refreshments will be served. Wine

Continued on page 12, see Artisan Fair

Anthony Fauci to speak at Center

Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases (NIAID) at NIH, will discuss the perpetual challenge of emerging infectious diseases, including the recent re-emergence of Ebola virus in West Africa and of Zika virus in the Americas, at the Village Center on **Thursday, Dec. 8, at 7:30 p.m.**

Dr. Fauci oversees an extensive research portfolio to prevent, diagnose, and treat infectious and immune-mediated diseases. He has advised five presidents and the U.S. Department of Health and Human

Continued on page 2, see Fauci

Moby Dick at Arena Stage, page 5

Caregivers Support Group



The best way to care for a loved one is to take good care of yourself. The monthly support group for people providing regular assistance for family members with serious illness or dementia will meet at the Village Center on **Monday, Nov. 14, from 6:30 to 8 p.m.**

The meetings are led by Judith Bernstein of GPS Senior Care Partners, a clinical social worker and certified advanced social work case manager. If you have questions for Judith, please email her at judith.gpspartners@gmail.com. The support group is a partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. Let us know if you plan to attend by calling 301-656-2797. Please note: the group is for caregivers only.

Fauci, continued from page 1

Services on HIV/AIDS, pandemic preparedness, and many other domestic and global health issues. He was one of the principal architects of the President's Emergency Plan for AIDS Relief, a program that has saved millions of lives throughout the developing world.

Dr. Fauci is also a clinician and the long-time chief of the NIAID Laboratory of Immunoregulation. As such, he has made seminal contributions to HIV/AIDS research and is widely recognized for developing therapies for several formerly fatal inflammatory and immune-mediated diseases. Dr. Fauci is the recipient of numerous prestigious awards for his scientific and global health accomplishments, including the Presidential Medal of Freedom, the highest honor given to a civilian by the President of the United States. Please let us know you will attend by calling 301-656-2797.

GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office

Friendship Heights Village at the Elizabeth Arcade

- Private one hour physical therapy sessions, one-on-one, no technicians
- Manual therapy, therapeutic exercises, balance and gait retraining, visceral mobilization
- Ultrasound, electrical stimulation, and combo
- Aquatic therapy (at our Tenleytown location)
- Orthopedic injuries, joint replacements
- Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome
- Massage therapy / personal and post-rehab training

We are a **MEDICARE PREFERRED PROVIDER** and accept co-insurance from PPO and POS health insurance plans. Call office for details.

Locations

Tenleytown

4000 Wisconsin Ave., NW #P2
Washington, DC 20016
(inside Tenley Sport & Health Club,
garage parking available)

Friendship Heights

4601 N Park Ave., #10C
Chevy Chase, MD 20815
(at the Elizabeth Arcade,
free garage parking!)

phone 301-654-9355 | fh@getwell-rehab.com

www.getwell-rehab.com  find us on facebook



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the December issue is November 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Layout, Advertising

Jennie Fogarty
Staff Writer

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

John R. Mertens
Chairman

Michael J. Dorsey
Vice Chairman

Paula J. Durbin
Secretary

Kathleen G. Cooper
Treasurer

David O. Lewis
Parliamentarian

Clara Lovett
Historian

VILLAGE MANAGER

Julian P. Mansfield

Village Council Update

Parking enforcement in the Village

At a recent meeting of the Community Advisory Committee, some questions were raised about parking enforcement policy and procedures. Because the Village has very little on-street parking, time limits were instituted to maximize the availability of the spaces we have.



Parking restrictions are clearly indicated by signage. The two-hour parking areas have a sign that prohibits moving the vehicle within zone 1 to extend the two-hour time limit (see photo at left). **Please note that zone 1 covers the entire Village.**

Thus you are not

allowed to move your vehicle anywhere in the Village to extend the two-hour time limit. There are a number of hourly garages and parking lots in the Village if you require more than two hours parking.

If you have received a parking ticket and you would like to appeal it, you can do so through the Montgomery County Court System. Our parking enforcement is provided by a private contractor, Securitas Security Systems. Sammy Mwanjala, Branch Manager for Securitas, is the supervisor of the security officers. He can be reached directly at 301-608-1608.

We understand it is not pleasant to receive a parking ticket. However enforcement is required, otherwise the regulations are useless and the few spaces we have would not turn over regularly. If you can't find a legal space, we encourage you to park in one of the garages or lots. There are several on-street loading zones in front of the commercial and residential buildings which can be used for making deliveries. Arrangements should be made with building management.

The appeal process and contact information for the security contractor can be found on our website, www.friendshipheightsmd.gov. Click on the Government menu at the top of the home page, then select Parking Tickets and you can view or download the parking policy.

Council seeks action on County-owned site next to Willard Avenue Park

At the October 18 Council meeting, two representatives from the Facilities Management Division of the Maryland-National Capital Park and Planning Commission spoke about the property at 5320 Willard Avenue, next to Willard Avenue Park, which is owned by the County. This is a one-acre site that includes a house which has been

rented privately since the County purchased it in 1995. The Council has asked that the County incorporate the property into the park and remove the stockade fence that runs the length of the property on Willard. Currently the park has a narrow pathway next to 4701 Willard Avenue that serves as the main entrance for our residents. It would benefit greatly by having an expanded entryway on Willard. The Citizens Coordinating Committee on Friendship Heights and other neighborhood groups support this position as well.

The two Park and Planning representatives heard numerous comments and questions from the Council and residents. They will report back and follow up with us on next steps.

Council discusses Page Park upgrades

The Council discussed possible improvements to Page Park at the October 18 meeting. Page Park has always been maintained by the Village as a pesticide-free, rustic park adjacent to a forest conservation area. The Council is now examining the feasibility of providing water and electricity to the park in order to allow for an irrigation system and upgraded landscaping.

Hilda Seibel memorial concert series

On October 5 the Village hosted a reception and concert in memory of Hilda Seibel, an extraordinary woman who was a popular performer at the Center for many years. Hilda's family and friends made generous contributions toward the Center's music programs. We will continue to honor her memory with a series of concerts.

Hilda settled in the town of Somerset in 1953. She was a talented musician who played the violin and viola. She played in orchestras as well as chamber groups, in concert halls, restaurants, and at parties. Her quartet music stand can now be found with the Stradivarius string instruments at the Library of Congress.

We were fortunate to have had her lend her musical talents to many performances here over the years. She traveled the world, visiting every continent except Australia, but always considered Chevy Chase her home. Her love of community and passion for music fit well with the Village Center.



Council actions at the October 18 meeting:

- Heard presentation from Nat Finkelstein of the Bethesda Fire Department Board on the status of Fire Station 6 at Wisconsin Ave./Bradley Blvd.
- Approved renewal of snow removal contract with Mulheron for 2016–2019.

The next Council meeting will be Monday, November 14, at 7:30 p.m. in the Village Center.

Difficult decisions and discussions

Join us at the Village Center on **Wednesday, Nov. 16, at 2 p.m.**, for a screening and panel discussion of the PBS FRONTLINE film "Being Mortal," based on the book by renowned New Yorker writer and Boston surgeon Atul Gawande.

The documentary explores what matters most to patients and their families facing the end of life and their relationships with doctors who are often uncomfortable talking about chronic illness and death. Following the film a panel of experts will discuss these issues as well as the importance of advance directives and other forms that describe one's preferences for end-of-life care. Panelists will be Simeone Frost, RN, MS, CHPN, JSSA Hospice team manager; Judith Peres, LCSW-C, Social Work, Hospice & Palliative Care Network; and, Rev. Deborah Vaughn, BCC M. Div., JSSA Hospice. This program is presented in partnership with the Jewish Social Service Agency (JSSA), a provider, which provides nonsectarian services and support to more than 30,000 individuals and families annually in the Washington area. Doors will open at 1:30 p.m. for refreshments and registration. Please let us know you are coming by calling 301-656-2797.

Tea and Talk: Treasures of the Freer/Sackler

Docents from the Freer Gallery of Art and the Arthur M. Sackler Gallery, the Smithsonian's museums of Asian art, will present a program at the Village Center on **Wednesday, Nov. 30, at 2 p.m.** The two galleries together house



more than 40,000 works of art from East Asia, South Asia, Southeast Asia, the Islamic world, the ancient Near East, as well as a significant collection of American art.

The presentation will feature a sampling of treasures from the Freer/Sackler and images of selected artworks from ancient cultures in the Mesopotamian area, India, Korea, Japan and China. If you plan to join our trip the next day to the Sackler, this will be a nice preview. If you can't go with us, you won't want to miss this rare opportunity when the "museum comes to you." RSVP 301-656-2797.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers..

- Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Nancy Mellon *Realty*

WEBSITE: www.nancymellonrealty.com

WHERE? EVERYWHERE.

Sales & Purchases & Rental Management
Condominium, Home and Townhouse

BETHESDA CHEVY CHASE ROCKVILLE POTOMAC KENSINGTON
SILVER SPRING GAITHERSBURG MARYLAND WASHINGTON, DC

301-951-0668
4500 N Park Ave., Suite 804N



BUY / SELL / RENT

Your Neighborhood Real Estate Specialists

ON THE GO...

Imaginative Moby Dick at Arena Stage

A few tickets remain for the Village trip to see Moby Dick at Arena Stage on **Tuesday, Dec. 6.**

This remarkable production by Tony Award-winning Lookingglass Theatre includes trapeze and acrobatic work, which won rave reviews in Chicago. The Sun Times described the play as "a triumph of grand theatrical imagination..." Ahab will be played by Obie Award—winner Christopher Donahue.

We will leave the Village Center at 6:15 p.m. and return around 10:30 p.m. The cost for a seat in the Orchestra, transportation, and driver gratuity is \$89. After Nov. 4, the price will increase to \$95. No children younger than five, please. A short meet-and-greet with cast members will follow.



See the Splendor of the Festival of Lights

Join us when we visit the Mormon Temple in Kensington for the annual Festival of Lights on **Monday, Dec. 12.**

We'll depart from the Village Center at 6 p.m., but come early at 5:30 p.m. and enjoy hot chocolate and cookies prior to departure. In addition to the extraordinary light display, the Festival of Lights also features more than 100 decorated trees, an international crèche display, an indoor musical performance, and a live nativity scene. We should return to the Village Center by 9 p.m.

The cost is just \$30 per person and includes transportation and all taxes and gratuities. Children are \$15 each with each paying adult.

Sign up immediately at the Village Center.

CHEVY CHASE ENT & AUDIOLOGY You can hear better today!

Providing evaluations by ENT physicians and audiologists for:

- HEARING LOSS AND EAR DISORDERS
- WAX REMOVAL
- CUSTOMIZED HEARING AID FITTINGS AND SERVICES
- TINNITUS MANAGEMENT

WE LISTEN, TO MAKE SURE WE FIND THE BEST SOLUTION FOR YOU

Ask your physician or internist about our practice.



5530 Wisconsin Avenue • Suite 1500 ● Chevy Chase, Maryland 20815

Office: 301-656-8630 ● www.chevychase-ent.com

Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, Nov. 3, 7:30 p.m. — Metro SafeTrack Update— see calendar for details.

Thursday, Nov. 10, 7 p.m. — Movie — *Genius*
— This biopic of famous literary editor Max Perkins centers on his personal and professional relationship with eccentric author Thomas Wolfe. As Wolfe becomes consumed with his lengthy novels and begins to alienate his lover, Aline Bernstein, Perkins struggles to reel in Wolfe's talent in order to deliver another best-seller for Scribner Publishing during the 1930s. Stars Colin Firth, Jude Law and Nicole Kidman. Rated PG. Running Time: 104 minutes.

Thursday, Nov. 17, 7 p.m. — Movie — *Wild Oats* — A widow heads to Spain with her best friend after she accidentally receives a life-insurance check for five million dollars. As the pals embark on an adventure, the insurance company attempts to retrieve their money. Stars Shirley MacLaine and Jessica Lange. Rated PG-13. Running Time: 86 minutes.

Thursday, Nov. 24— Center closed.

Happy
Thanksgiving

The Village Book Club will meet this month on **Tuesday, Nov. 15, at 11 a.m.** The book selection is "My Name is Lucy Barton" by Elizabeth Strout. Look for a copy in the Center Reading Room on the shelf marked "Village Book Club Selections."

Personal Computer Coach

In-home computer training for women

Cheryl Morris

Phone: (240) 994-2921

E-mail: personalcomputercoach@att.net

www.personalcomputercoach.com

Convenient*Flexible*Personalized
Gift Certificates Available



Pearl Harbor Day concert and tea

Come to the Village Center on **Wednesday, Dec. 7, at 2 p.m.**, when vocalist and pianist Ginny Carr performs a program titled "Songs That Got Us Through World War II."

Ms. Carr is the leader/founder, musical director, alto vocalist, and principal songwriter/arranger for the internationally acclaimed Uptown Vocal Jazz Quartet. The group has recorded top-selling albums and built a following on five continents. As a solo artist, Ms. Carr has entertained many notable guests, including a Supreme Court justice, a Virginia governor, the former prime minister of Russia, countless foreign ambassadors, senators and congressmen — and now the residents of Friendship Heights!

Following the concert, please stay for tea. Let us know you are coming by calling 301-656-2797.



FIT SCULPTORS LLC
MIND • BODY • LIFESTYLE
TRANSFORMATION

Certified Personal Trainers
We come to your home or gym
Our company is created to help you become a better version of yourself.

We offer:

- Weight loss
- Pre-Post Natal fitness
- Senior Fitness
- Body Building
- Self Defense
- Kickboxing and MMA
- Nutrition Advising
- Low back pain fitness
- Strength and Conditioning

YOUR TRANSFORMATION STARTS WITH US!
Call now and schedule your complimentary training session.

703.953.4267
 dimitar@fitsculptors.com
 FitSculptors
 FitSculptors



ART and CULTURE

Asian brush painting exhibit this month in Friendship Gallery

Richard Kaufman, Amy Quach and Nellie Chao will exhibit in the Friendship Gallery in November. The title of the show is "Asian Brush Painting: About Our Nature."

Li-Wen (Amy) Quach was born in Taiwan. She worked as a graphic designer while studying Chinese watercolor painting and other styles and media. She has won many painting awards through the American Sumi-e Society and is currently teaching Chinese painting at The Delaplaine Visual Arts in Frederick and Montgomery College in Rockville. Richard Kaufman has a background in law, economics and art. He was formerly general counsel of the Joint Economic Committee of the US Congress. He has been a student

of brush painting for a number of years and has participated in brush painting programs at the Smithsonian Institution in Washington DC, the Art League at the Torpedo Factory, and Howard County Community College. He is president of the Berkeley Springs Studio Tour organization in Berkeley Springs, W.Va., and is the past president of the National Capitol Area Chapter of the Sumi-e Society of America.

Nellie Chao has exhibited nationally and internationally and has won numerous awards in Chinese calligraphy and brush painting, including PoMo, a contemporary technique of Chinese brush painting. She was born in Shanghai, China, and educated in Hong Kong, Singapore

and the United States. She is a member of the Sumi-e Society of America, Potomac Valley Watercolorists and other local art groups, with artworks in private collections both nationally and abroad.

The show runs from Nov. 7 to Dec. 3. The public is invited to meet some of the artists at a reception on **Sunday, Nov. 13, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive. All sales of art are final.



Despina M. Markogiannakis, D.D.S.
Family, Cosmetic and Implant Dentistry
5454 Wisconsin Avenue, Suite 835
Chevy Chase, MD 20815
www.SmilesOfChevyChase.com
301-652-0656

A *Washingtonian Magazine* Top Dentist, Dr Marko, as her patients call her is fulfilling her dream of providing her hometown with high quality comprehensive dental care. She has combined the art and science of dentistry with a caring, dedicated team that shares her vision of delivering extraordinary dentistry in a friendly, fun and professional environment.

Having the ability to perform all aspects of general dentistry and surrounding herself with a great team of specialists, assures Dr Marko's patients that their dental needs, ranging from cosmetic and therapeutic botox to routine cleanings, fillings, teeth whitening, crowns, advanced implant therapy, cosmetic make-overs, oral surgical, orthodontic and endodontic treatment, will be performed and managed at the highest levels attainable.

Dr Marko and her team look forward to welcoming you into their dental family!





Friendship Heights
Village Center



Calendar
of Events

2016

N O V E M B E R							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<div>1</div> <div>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>2</div> <div>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Tea and Talk: The Case of the Poisoned President 7:30 p.m.: Concert: Jim Vandelly</div>	<div>3</div> <div>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 2 p.m.: Using Your iPhone 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Metro’s “SafeTrack” with Charlie Scott</div>	<div>4</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting 1 p.m.: Mah Jongg 5:30 – 8 p.m.: Artisan Fair Reception</div>	<div>5</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m. – 4 p.m.: Artisan Fair 10:30 a.m.: Basic Photography</div>	
	<div>6</div> <div>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>7</div> <div>10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya</div>	<div>8</div> <div>8:15 a.m.: Walking Club Election Day All classes canceled Polls open 7 a.m. — 8 p.m.</div>	<div>9</div> <div>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: On Atrial Fibrillation 7:30 p.m.: Concert: Caliente</div>	<div>10</div> <div>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 2 p.m.: Using Your iPhone 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Genius</div>	<div>11</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory Veterans Day Center open 9 a.m. to 2 p.m. Shuttle bus runs on weekend schedule</div>	<div>12</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
	<div>13</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>14</div> <div>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 2 p.m.: American Songwriters: The Art of Improvising 6:30 p.m.: Caregivers Support Group 7:30 p.m. FRIENDSHIP HEIGHTS COUNCIL MEETING</div>	<div>15</div> <div>8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>16</div> <div>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 2 p.m.: Being Mortal 7:30 p.m.: Concert: Tales in the Village</div>	<div>17</div> <div>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 12:30 p.m.: Vision Support Lunch and Learn 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Wild Oats</div>	<div>18</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1 p.m.: Mah Jongg</div>	<div>19</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
	<div>20</div> <div>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>21</div> <div>10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 7 p.m.: Cafe Muse</div>	<div>22</div> <div>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse 3 – 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>23</div> <div>10:15 a.m.: Yiddish 12 p.m.: Chess group No Concert</div>	<div>24</div> <div>Happy Thanksgiving! Center closed No shuttle bus </div>	<div>25</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events Center open 9 a.m. to 2 p.m.</div>	<div>26</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
	<div>27</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>28</div> <div>10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya</div>	<div>29</div> <div>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</div>	<div>30</div> <div>10:15 a.m.: Yiddish 12 p.m.: Chess group 1 p.m.: All in the Eyes 2 p.m.: Tea and Talk: Freer/Sackler 7:30 p.m.: Concert: Thomas Pandolfi</div>	<div>There’s still space for you at these programs at the Village Center •Carol Bessette will present a program about James Buchanan titled “The Case of the Poisoned President” on Wednesday, Nov. 2, at 1 p.m. Tea will be served afterward. •Charlie Scott, Senior Government Relations Officer for Washington Metropolitan Area Transit Authority, will give an update on Metro repairs on Thursday, Nov. 3, at 7:30 p.m.</div>		

Village Center Hours

Monday through Thursday	9 a.m. to 9 p.m.
Friday	9 a.m. to 5 p.m.
Saturday and Sunday	9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Shuttle bus hours



Monday through Friday	6:40 a.m. to 9:40 p.m.
Saturday and Sunday	8 a.m. to 7 p.m.

The season to share: collecting for Manna

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds nearly 40,000 individuals every year.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include low sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna’s Smart Sacks, a program to fight childhood hunger. Each Friday, over 2,000 children in 60 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins. Last year Village residents donated 629 pounds of canned and boxed food- a record!

Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.



CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART

ALL IN THE EYES

A 6-week class, taught by Marianne Winter. Wednesdays, 1 to 3 p.m., Nov. 3 – Jan. 18. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students. Beginning with the eyes, the class is coached to develop their skills by looking into the soul of the model. This class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents. Class will not meet Dec. 21, Dec. 28.

BASIC PHOTOGRAPHY (Adults)

An 8-week course in black-and-white and color photography, taught by Llewellyn Berry. Saturdays from 10:30 a.m. to 1:30 p.m., Dec. 3 – Feb. 4, \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Class will not meet Dec. 24, Dec. 31.

BASIC PHOTOGRAPHY (Children)

A 6-week course in black-and-white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Nov. 19 – Jan. 21, \$50.

The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet Nov. 26, Dec. 24, Dec. 31, Jan. 14.

EXERCISE AND FITNESS

BALANCE, MOVEMENT & MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Dec. 2 – Jan. 20. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for more than 15 years. \$65 for residents; \$70 for nonresidents. Class will not meet Dec. 23 and Dec. 30.

BALANCE AND COORDINATION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Dec. 6 – Jan. 24. The class will focus on simple exercises that improve overall balance. \$65 for residents; \$70 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Class will not meet Dec. 20, Dec. 27.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Dec. 7 – Jan. 25. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents. Class will not meet Dec. 21, Dec. 28.

MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., Dec. 6 – Jan. 17. Pilates movements tone the body from “the inside out” bringing about core strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel. Class will not meet Dec. 27.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Dec. 5 – Jan. 30. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$65 for residents; \$70 for nonresidents. Class will not meet Dec. 19, Dec. 26, Jan. 16.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations Tuesdays, 2 to 4 p.m.

CAREGIVERS SUPPORT GROUP

A monthly meeting of family caregivers who are caring for parents, partners or children with serious illness or dementia. Facilitated by Judith Bernstein, a clinical social worker and certified advanced social work case manager. Meets one Monday evening a month;

check the calendar for date. The group is for caregivers only. A partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights.

CHESS

An informal group plays chess, Wednesdays, 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday, 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension's SeniorHealth Insurance Assistance Program. Due to a reduction in staff, all help is now handled on the phone. Please call 301-590-2819 and leave your name, phone number and a brief message. Your call will be returned within two days.

SCRABBLE

This group of Scrabble players meets at the Center, Thursdays at 6:15 p.m.

TEA

Village volunteers serve hot beverages, cookies and fruit to Village residents and their guests, Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB

Meets one Tuesday morning each month to discuss books chosen by the group. Dates and book titles are announced in the newsletter. New members welcome

VILLAGE BRIDGE CLUB

Meets Mondays, 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will

be set out in the auditorium most Thursdays, 11 a.m. to 4 p.m. Children must be accompanied by a caregiver older than age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday each month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information. See page 13.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

Turquoise, continued from page 1

After our tour, we'll enjoy lunch at Ottoman Taverna in downtown D.C. Our three-course menu includes choice of soup or salad, chicken or beef and lamb kebob, or cauliflower stew, and dessert and beverage.

We'll depart from the Village Center at 9:15 a.m. and should return by 3 p.m.

The cost of the trip, which includes transportation, tour, lunch and all taxes and gratuities is \$76. Sign up immediately at the Village Center. Anyone signing up after Nov. 17 will be placed on a wait list. There are 25 spaces available.

Docents from the Freer and Sackler will discuss treasures from both galleries during a program at the Village Center on Wed. Nov. 30, at 2 p.m. See page 4 for details.

Building our community "village"— The Friendship Heights Neighbors Network

Villages are volunteer organizations that match members who need social support services with volunteers. Already, there are 20 such organizations in Montgomery County – now Friendship Heights is building one, too!

The Friendship Heights Neighbors Network (FHNN) will provide volunteer services and social interaction so that all its members can remain active and engaged in the community. FHNN has already formed a board, filed Articles of Incorporation and is applying for 501(c)(3) nonprofit status. Its website is under construction.

To learn more about this new initiative attend, any of the Neighborly Conversations over Coffee meetings scheduled for November 2, 9 and 15, please contact czjones28@yahoo.com. Locations and times will vary.

The FHNN is made possible through the efforts of a group of neighbors representing all eight residential buildings in Friendship Heights. For details or to receive updates, connect with the group via email czjones28@yahoo.com.

CONCERTS

Concerts are held Wednesdays, 7:30 — 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Nov. 2—Jim Vandelly — Jim Vandelly is well known in accordion circles as an international performer with a wide repertoire that includes classical, Russian and other European traditional music, and a few familiar pieces that everybody will recognize. He brings a new sound and a new appreciation for a musical instrument that we all thought we knew about. Vandelly performs on both the piano accordion, the one with the standard keyboard, and the Russian Bayan with the buttons, and he will demonstrate the differences between the two instruments.

Wednesday, Nov. 9 — Caliente — This jazz group combines a blend of old favorites with a Latin American flavor.

Wednesday, Nov. 16 — Tales in the Village with Susan Gordon — Susan Gordon is a storyteller, poet and a prose writer of memoir. She is a skilled teller of traditional tales and has taught storytelling in colleges,

universities and from the barn on her farm. Susan has a master's degree in therapeutic storytelling. Susan will be telling "So Both Shall Live," a story of four generations of women in her family, mothers and daughters.

Wednesday, Nov. 23 — No Concert

Wednesday, Nov. 30— Thomas Pandolfi—During 2015 and 2016, pianist Thomas Pandolfi has performed as a guest soloist with The National Philharmonic, Ohio Valley Symphony, North Charleston Pops, Cheyenne Symphony, Maryland Symphony, Alexandria Symphony, Amadeus Orchestra, McLean Orchestra and Frederick Symphony.

Artisan Fair, continued from page 1

will be available for purchase for a nominal fee for those over 21 years of age. The fair continues Saturday from 10 a.m. to 4 p.m. Admission to this event is free and open to the public.



SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
301-656-1900

BGFriendshipHeights.com

Call today to
schedule a
complimentary
lunch and tour:
301-656-1900



TO YOUR HEALTH

Vision Support Group: *Staying safe with less sight*

Eye disorders and normal aging eye changes can cause vision blurring or distortion, difficulty seeing at night, and difficulty judging depth and distance.

Meet Sharon Payne, COMS/CLVT, a certified low vision rehabilitation therapist who teaches people new skills to maximize their independence and safety, at this month's Vision Support Lunch and Learn at the Village Center on **Thursday, Nov. 17, from 12:30 to 1:30 p.m.**

The Vision Support Group is a partnership of the Village of



Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com). You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.

Keeping with the beat

Atrial fibrillation is an irregular heartbeat or arrhythmia that can lead to blood clots, stroke or heart failure. Dr. Erich Wedam, Director of Electrophysiology at Suburban Hospital, will review the signs and symptoms of atrial fibrillation as well as non-surgical and surgical treatment options at this month's Suburban lecture at the Village Center on **Wednesday, Nov. 9, at 1 p.m.**

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.



Our Listings in the Friendship Heights Community

FOR SALE

5610 Wisconsin Ave. #607
\$2,695,000: 2 BR + Den, 2.5 BA,
Updated, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #407
\$2,525,000: 2 BR + Den, 2.5 BA,
2 Balconies; 2,856 SqFt

5600 Wisconsin Ave. #1402
\$1,495,000: 2 BR + Den, 2.5 BA,
Balcony; 1,952 SqFt

4301 Military Rd. NW. #104
\$975,000: 2 BR, 2 BA,
Private Terrace; 1,320 SqFt

FOR RENT

5610 Wisconsin Ave. #1102
\$6,500/mo: 2 BR, 2.5 BA, Renovated,
Knockout Views, Balcony; 2,503 SqFt

5600 Wisconsin Ave. #704
\$3,100/mo: 1 BR, 1.5 BA,
Balcony; 1,141 SqFt

5600 Wisconsin Ave. #204
\$2,950/mo: 1 BR, 1.5 BA,
Balcony; 1,141 SqFt



HELLER COLEY REED
OF LONG & FOSTER REAL ESTATE

New condo listings
coming soon.

Call today for details!

LONG & FOSTER

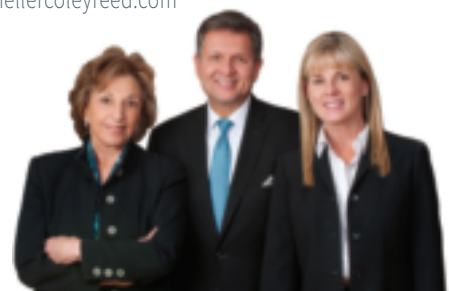
REAL ESTATE
LUXURY HOMES
CHRISTIE'S
INTERNATIONAL REAL ESTATE



Zelda Heller, Jamie Coley & Leigh Reed
of Long & Foster Real Estate
Exclusive Affiliate of Christie's International

888.907.6643 Main
240.497.1700 Office

hellercoleyreed@gmail.com
hellercoleyreed.com



Café Muse presents...

This month's Café Muse, on **Monday, Nov. 21**, will feature poets/translators Joelle Biele and Barbara Duffey.

Joelle Biele is the author of "Broom and White Summer" and the editor of "Elizabeth Bishop and The New Yorker: The Complete Correspondence." The recipient of awards from the Poetry Society of America and the Maryland State Arts Council, her essays, fiction and reviews have appeared in many publications. Her play, "These Fine Mornings," was first read at the University of Chicago with the support of the Poetry Foundation. A Fulbright professor in Germany and Poland, she has taught creative writing and American literature at Goucher College, Johns Hopkins University, and the University of Maryland.

Barbara Duffey is the author of the poetry collections "Simple Machines" (winner of the 2015 Washington Prize) and "I Might Be Mistaken." She is a 2015 NEA Literature Fellow in poetry. Her poems and prose have appeared in many publications. She



is an assistant professor of English at Dakota Wesleyan University.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for more than 35 years. For more information visit www.wordworksdc.com.

Dr. Michael Gittleston

Podiatrist

The Barlow Building

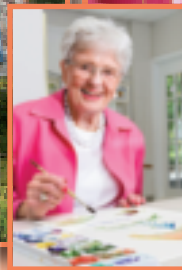
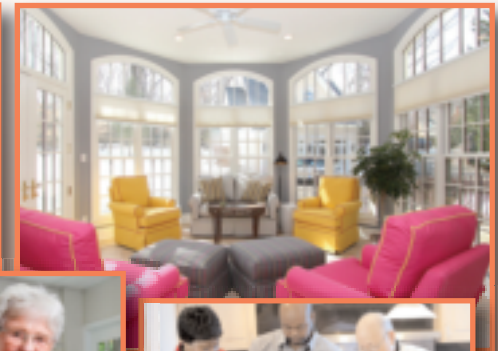
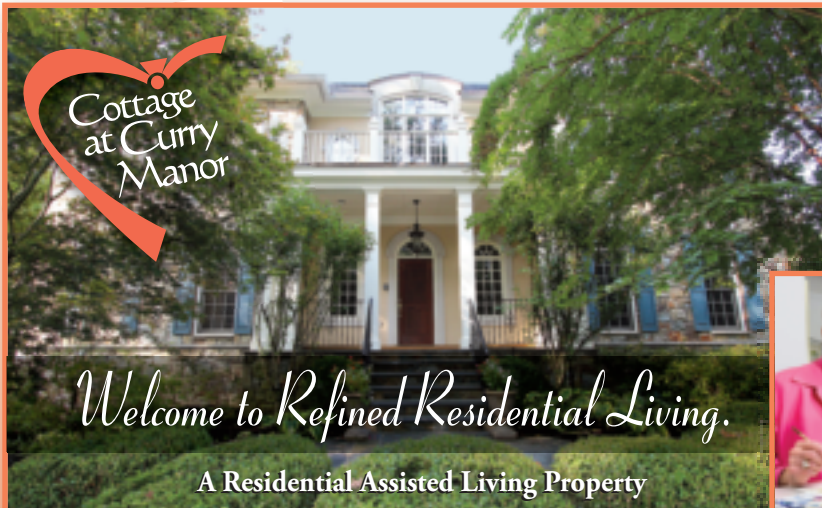
5454 Wisconsin Ave. Suite 1250

Chevy Chase, MD 20815

301-986-4900

Medicine/Foot Surgery

Early Morning Hours



When home care is no longer a viable alternative, it is time to graduate to Refined Residential Living. The Cottage at Curry Manor provides the comfort and familiarity of home with attentive care and services needed to safely live life to the fullest, including daily, freshly prepared fine cuisine. This grand home is an elegant senior residence in Bethesda, MD that can accommodate up to eight residents. Capital City Nurses' President and Founder, Susan Rodgers, RN, and her team of certified caregivers bring over 40 years of knowledge and expertise in senior care to The Cottage at Curry Manor. *Visit us today!*

The Cottage at Curry Manor has been approved by the State and County as an Assisted Living Facility.



301-365-2582 www.thecottagehomes.com



301-404-3280



SamS@LNF.com
samsolovey.com

SAM'S FEATURED LISTINGS

New to Market - FOR SALE

THE CARLETON

Apt 704 - 2BR/2BA

Updated & Well Appointed
1,407 Sq Ft w/Balcony
2 Assigned Parking Spaces
Offered at \$699,000



FOR SALE

THE ELIZABETH

Apt 308 - 2BR/2BA

Complete Renovation & Gorgeous
1,325 Sq Ft w/Open Floor Plan
Assigned Parking Space
Offered at \$529,000



UNDER CONTRACT

THE WILLOUGHBY

Apt 1114S - 1BR/1BA

Fully Renovated & lots of light
883 Sq Ft w/Courtyard View
Assigned Parking Space
Offered at \$299,000



JUST SOLD

THE CARLETON

Apt 705 - 2BR/2.5BA

Stunning Total Renovation
1,761 Sq Ft w/Large Balcony
2 Assigned Parking Spaces
Sold Over Asking at \$1,110,000



SAM SERVES ALL THE CONDO BUILDINGS IN FRIENDSHIP HEIGHTS

LONG & FOSTER
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE

202.364.1300



Personalized Marketing and Exceptional Service from the Leading Realtor® in the Village.

Information deemed reliable, but not guaranteed. If your property is listed with another broker, this is not intended as a solicitation of that listing.



Disegno Hair Salon

*welcomes you
to its salon located in the Elizabeth Arcade*

**HAIR * SKIN * WAX * NAILS *
KERATIN TREATMENTS
EXTENSIONS AND
BRAIDING*
BRIDAL HAIR AND MAKE-UP**



**SPECIALIZING IN COLOR
CORRECTION, COLOR WITH
NO AMMONIA**

**NEW PRICES - MANICURE/PEDICURE : \$73 / NOW \$65
FACIAL : \$130/ NOW \$105**

PROFESSIONALS ON STAFF:

HAIR: MARIA, NILA AND RICHARD SKIN: DILIA

**4601 North Park Ave. Chevy Chase, Md
301-652-7767; 301-652-4601
Special Requests: 202-686-5301
www:disegnohairsalon.com**

Chevy Chase Florist



We specialize in:
Ecuadorian roses,
Dutch flowers,
and locally-
grown flowers.

Chevy Chase Florist
5415 Friendship Boulevard
Chevy Chase, MD 20815
301-986-0986
www.chevychaseflorist.com



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Find us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

November 2016 events calendar